



## Body and Mind: Natural Healthy Balance (Paperback)

By Dr Elvis Ali Nd

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Dr. Elvis Ali s four-book Back to Basics Healing series offer common sense approaches to manage your overall health and well being, naturally. His simple way of explaining the causes and sources of ailments, empowers you to consider alternatives and take charge. Working in partnership with your holistic or medical practitioner, you will be able to find a balanced, harmonious approach to optimal health that enhances the quality of your life. Body and Mind: Natural Healthy Healing is a simple yet profound study of healing during times of illness, whether it is physical or mental. When experiencing a physical illness, Dr. Elvis provides insights on the various stages, including a healing crisis, and how your responses to any setbacks determine whether or not you will recover. In part two of the book, Dr. Elvis discusses one of the most common mental conditions - depression. He offers alternative remedies to support the journey to wellness again.



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